

"Hutchins Street Square"

125 S. Hutchins St. Lodi, CA 95240

POOL SCHEDULE

Pool "Hotline" 209.333-5510

Aquatics Coordinator: Kim McClelland

209.333.6800 Ext. 2041 or kmccllland@lodi.gov

(The pool is 84-88 degrees)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Lap Swim 6:00-7:20 AM	Lap Swim 6:00-7:20 AM	Lap Swim 6:00-7:20 AM	Lap Swim 6:00-7:20 AM	Lap Swim 6:00-7:20 AM	
Conditioning 7:30-8:25 AM 8:30-9:25 AM	Conditioning 7:30-8:25 AM 8:30-9:25 AM	Conditioning 7:30-8:25 AM 8:30-9:25 AM	Conditioning 7:30-8:25 AM 8:30-9:25 AM	Conditioning 7:30-8:25 AM 8:30-9:25 AM	
Srs./Disabled 9:30-10:30 AM	Srs./Disabled 9:30-10:30 AM	Srs./Disabled 9:30-10:30 AM	Srs./Disabled 9:30-10:30 AM	Srs./Disabled 9:30-10:30 AM	
	Arthritis <i>Plus!</i> 10:30-11:15 AM		Arthritis <i>Plus!</i> 10:30-11:15 AM		
Lap Swim 11:30-12:45 PM		Lap Swim 11:30-12:45 PM		Lap Swim 11:30-12:45 PM	<u>POOL PARTY</u> <u>RENTALS</u> <u>AVAILABLE</u> 209.333.6742
Arthritis 2:00-2:45 PM	<u>POOL</u> <u>CLOSED</u>	Arthritis 2:00-2:45 PM	<u>POOL CLOSED</u>	Arthritis 2:00-2:45 PM	
Conditioning 3:00-3:55 PM		Conditioning 3:00-3:55 PM		Conditioning 3:00-3:55 PM	
Public Swim 4:00-5:55 PM		Public Swim 4:00-5:55 PM		Public Swim 4:00-7:55 PM (\$2.00 per person)	
Conditioning <i>Plus</i> 6:00-7:00 PM		Conditioning <i>Plus</i> 6:00-7:00 PM			

PLEASE... in order to maintain a quality program and for the consideration of others we kindly ask that you participate in the class or activity you are attending.

PASSES MUST BE PURCHASED AT THE HSS BOX OFFICE OR PARKS, RECREATION AND CULTURAL SERVICES OFFICES. DAY FEES CAN BE PURCHASED AT THE POOL.

AQUATIC FITNESS CLASS DESCRIPTIONS

No registration required for fitness classes.

ARTHRITIS PLUS: If you want MORE from your Arthritis class, this **NEW** 50 minute class will definitely meet your needs. Includes range of motion, stretching and "core" strengthening that we love but goes a step beyond for those of you who are able to safely add low impact aerobics to your fitness routine. This may be the *PLUS* you're looking for!

ARTHRITIS: 45 minutes of NO IMPACT exercises to meet the physical needs of those with arthritis, recovering from injuries or surgery and also appropriate for anyone new to exercise.

CONDITIONING: Learn all the basic moves and how to safely use the equipment during this moderate 55 minute work-out. Grow in your experience through the various modifications to improve balance and flexibility. A perfect class for those of all fitness levels and ages.

CONDITIONING PLUS: Similar to Conditioning but 5 minutes longer and slightly more challenging. Guaranteed to make you sweat!

SR/DISABLED: If you prefer to exercise on your own, this is the perfect time slot for you. You're welcome to water walk, warm up for the next class, warm down from the previous class or just relax and visit. No instructor on deck during this time.

REGISTRATION FOR SWIM LESSONS

https://apm.activecommunities.com/lodipandrhss/Home or in person at Hutchins Street Square Division of Arts and Culture 125 S. Hutchins St. Lodi **OR** Parks and Recreation 125 N. Stockton St. Lodi

CPR RECERTIFICATIONS OR INFORMATION ON POOL PARTIES or RENTALS.

Contact Parks and Recreation @ 209.333.6742

POOL RULES

- **PLEASE** shower **THOROUGHLY** prior to entering pool.
- Swim caps required for all swimmers.
- For your safety, bring **CLEAN** aqua shoes for use in the pool and shower. (Optional)
- Children 12 years and younger must be accompanied by a responsible adult.
- Children attending classes must be accompanied by an adult and actively participating in class.
- **PLEASE...NO PERFUMES OR COLOGNE.**

POOL USE FEES

**60+ / Permanently Disabled
and Children 2-17**

Resident

\$3.50 per day
\$40 for 15 visit pass.

Non Resident

\$3.75 per day
\$45 for 15 visit pass

Adults 18-59

\$4.75 per day
\$58 for 15 visit pass.

\$5 per day
\$63 for 15 visit pass

(Please....cash and checks **PAYABLE TO City of Lodi** at specified locations on front of schedule.)